

# ADVERBS of FREQUENCY

- How can you use *adverbs of frequency*? Study the grammar reference chart below.

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| ● always                               | 100% | "I <i>always</i> watch TV in the evening."   |
| ● almost always                        | 95%  | "She <i>almost always</i> eats breakfast."   |
| ● usually                              | 75%  | "Michael <i>usually</i> gets up late on weekends."   |
| ● often                                | 50%  | "I <i>often</i> do exercise in the morning."   |
| ● sometimes                            | 25%  | "They <i>sometimes</i> go to a coffee shop in their free time."                              |
| ● seldom<br>● rarely<br>● almost never | 5%   | "I <i>seldom</i> see him."<br>"I <i>rarely</i> see him."<br>"I <i>almost never</i> see him." |
| ● never                                | 0%   | "He <i>never</i> comes to class late."   |

NOTE 1: Adverbs usually come just before the verb they describe. When placed at the beginning of a sentence, they add emphasis to how often the verb is

Example:

"Why did Michael get up early on Saturday? Usually, he gets up late on weekends."

NOTE 2: In a sentence with a 'be' verb, the adverb of frequency comes after the 'be' verb.

Example:

"They are usually tired after work."